

Feeling Stuck



Fortuna Bear was in a great big muddle. He could not seem to settle to anything. He wanted to play, but could not go outside or meet his friends. He could not watch the TV as he was worried about the big news stories that would make his muddle grow, and worst of all he could not get to sleep.



Fortuna Bear sat on the sofa feeling tense and alone. His head was swirling with thoughts, worries, memories, and strange blank sensations – like clouds passing overhead.

Fortuna Bear had not felt so low before – he seemed completely stuck. The wise Owl noticed this and flew over to perch on the windowsill, just a little way behind him.

Owl reflected 'You look like you are stuck' he observed. Fortuna Bear nodded, his head slumped forward. 'You look like you have been bashed into the ground so many times that you are in too deep'.

Fortuna Bear listened. This sounded just how he felt. How did Owl know? He felt himself take a deeper breath.

He stared ahead of himself, as though he was a statue.



Owl pondered on this situation. 'When something is stuck in the ground we have to work out how to set it free'.

If you were a wooden peg hammered into the earth I would begin to rock you gently forwards and back. Imagine I am holding you securely around your shoulders and moving you forwards and back, just enough to notice, not too much to strain. Begin to let your body move backwards and forwards, slowly and carefully. Notice when your body wants to take a bigger breath and let it'.

Fortuna Bear began to move gently and after several rocking movements he took a deep sigh.

'Now' said Owl, 'I would begin to rock you gently from side to side, holding your shoulders securely, and keeping the actions slow to keep your head and neck comfortable. Begin to let your body move slowly from side to side, just enough to notice, not too much to strain. Notice when your head wants to join in, and carefully let it move with your rocking. Notice when your body wants to take another bigger breath and let it'.

Fortuna Bear began to move slowly from side to side, letting his head carefully join in the rocking action, then he felt his body take another deeper breath.

'Next' said Owl 'I would check how stuck you still were, by slowly twisting you from side to side, as though beginning to turn a screw or a coil, never too much to force, only enough to let you notice when you feel more free. Begin to slowly let your body twist, so your head can turn to see me sat behind you. Perhaps just so that you can see my foot at first, then if it feels comfortable twist a little further so you can see my fluffy beak. Notice when your body wants to take a bigger breath, and let this press into your tummy, so your belly button rises and falls. Notice when your eyes want to look at mine, and when your mouth wants to open a little. You may even feel your mouth make a slight, gentle smile'.

Fortuna Bear could feel his body becoming a little more floppy, a little easier to move, and he felt safe knowing that Owl was there with him.

'Keep going' Owl encouraged. 'Let your body twist slowly away from me, and continue this twist one way then the other, until your body wants to take another bigger breath'. Fortuna Bear could feel his body becoming a little more solid, a little more strong, and could feel some energy returning as tingles and wriggles.

'Finally' Owl said 'Press your hands towards the floor, as though they help you lift out of a hole, and stretch your neck longer, as though you can begin to see over the top of the hole, and imagine a bright, safe, wonderful view of the place you want to be'.

'How does that feel Fortuna Bear?' Owl enquired.

'Freeeeeeee' said Fortuna Bear as he shuffled forward on the sofa. Bear began thinking of bouncing and dancing, as though his body had helped his head feel so much better. 'Small steps Fortuna Bear', said Owl 'you don't have to move much to feel unstuck!'

